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Rhodes Scholar from University of Michigan fulfilling mother's 'legacy of education'

EL CENTRAL HISPANIC NEWS

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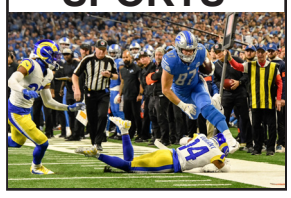

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Lions Hosting Tampa Bay Buccaneers !!!

La Cámara Regional de Detroit y General Motors anuncian que 30 pequeñas empresas y organizaciones sin fines de lucro recibirán $600 mil en subvenciones NeighborHUB

La semana pasada en la Conferencia de Política de la Cámara Regional de Detroit, la Cámara y General Motors anunciaron el sexto grupo de beneficiarios del programa de subvenciones NeighborHUB. Se seleccionaron diez ONG y 20 pequeñas empresas en Detroit, Hamtramck y Highland Park para recibir $600,000 en subvenciones y servicios adicionales de consultoría y apoyo.

"Estoy extremadamente orgulloso de nuestra colaboración con General Motors para empoderar a los residentes, pequeñas empresas y ONG para lograr cambios en sus vecindarios a través de subvenciones accesibles", comentó Devon O'Reilly, Director Senior de Participación Comunitaria y Desarrollo de Liderazgo de la Cámara. "La clase 2024 continúa teniendo diversos representantes y proyectos que representan adecuadamente a los vecindarios de las comunidades de Detroit y sus alrededores".

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Detroit Regional Chamber, General Motors Announce 30 Nonprofit, Small Business, Recipients of $600K in NeighborHUB Grants

At the Detroit Regional Chamber's Detroit Policy Conference last week, the Chamber and General Motors announced the sixth cohort of awardees for the NeighborHUB grant program. Ten nonprofits and 20 small businesses in Detroit, Hamtramck, and Highland Park were selected to receive $600,000 in grants and additional consulting and support services.

"I'm extremely proud of our collaboration with General Motors to empower residents, small businesses, and nonprofits to affect change in their neighborhoods through accessible grant money," said Devon O'Reilly, the Chamber's Senior Director of Community Engagement and Leadership Development. "The 2024 class continues suit of having diverse representatives and projects that properly represent neighborhoods throughout the Detroit and surrounding areas communities."

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NeighborHUB grant recipient We Are Culture Creators

Perennial Corktown Celebrates Grand Opening

10% of project rental units marked as affordable for at or below 60% AMI

Detroit Mayor Mike Duggan and project developers Hunter Pasteur, the Forbes Company, and Oxford Capital Group, officially cut the ribbon on Perennial Corktown, the latest luxury apartment community in Detroit's historic Corktown neighborhood.

Perennial Corktown adds 188 apartment units and 7 new townhomes in one of Detroit's most popular neighborhoods. Perennial Corktown is the latest phase in a larger development that also includes the recently opened Godfrey Hotel, and the ongoing renovation of the Red Arrow Soda factory building.

Perennial Corktown offers premium amenities, including a 10,000 SF pool deck and outdoor lounges with fire pits as well as clubrooms, coworking space, dog wash, bike storage, coffee bar, valet parking, EV charging, private dining, and a chef's kitchen. The building also offers Concierge/ Doorman service, a state-of-the-art fitness center, and will offer special community programming and events throughout the calendar year.

Importantly, Perennial Corktown has set aside 10% of the units as deeply affordable, for those with an income at 60% of the area median income (AMI). The affordability level was something that members of the Neighborhood Advisory Committee established for this development specifically asked for.

"Creating affordable housing is a huge priority here in Detroit," Mayor Duggan said. "Detroiters should be able to live in any neighborhood they choose, and not feel like they're living in low-income housing. This beautiful building will not only be a place to call home for its residents, but it also brings vibrancy and more businesses to a growing neighborhood."

Detroit City Council President Mary Sheffield reiterated the importance of affordability across the city. "Affordable housing is consistently one of the most critical issues to our residents. We applaud the developers for working so closely with area residents to listen to their wishes, address their concerns, and provide some truly affordable units in this exciting new development."

In addition to plentiful amenities, Perennial Corktown is also creating important retail options for residents and the neighborhood alike. Corktown Market, a bodega style grocery store will provide needed affordable groceries, prepared foods and many other everyday items for Corktown residents. In addition, Haraz Coffee brings another location to Detroit, featuring Yemeni coffee roasts and authentic Yemeni-style drinks and a large consumer area for guests to socialize with friends or co-work with colleagues. More retail announcements are expected soon.

Lastly, the final phase of the larger development is now underway with the renovation of the former Red Arrow soda company building on Church Street, directly across from the new Perennial Corktown townhomes. The building's preservation was another key request from the neighborhood advisory committee. Renovations of the building began in November of last year, and when complete, will add 28 more residential units to the project.

"We are grateful for the support of the community, our partners, and the city" said Randy Werthheimer, CEO of Hunter Pasteur. "We are proud of the project so far, and truly feel that the neighborhood input we received has led to a stronger final product. "We want Perennial Corktown to be the viewed as the gold standard of how developers and community can work together."

Perennial Corktown is now open for leasing. For more information, visit https://perennialcorktown.com/ and follow us on Instagram and LinkedIn: @perennialcorktown and Facebook: @PerennialCorktownDetroit.

Perennial Corktown ribbon cutting

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Rhodes Scholar from University of Michigan fulfilling mother's 'Legacy of Education'

By Samuel Dodge

ANN ARBOR, MI - Emmanuel Orozco Castellanos' parents in Mexico finished elementary school, but had no other opportunity to further their studies.

His mother Delia, however, knew education was the way forward for the next generation.

"My mother always wanted an education to be her legacy, especially because she didn't have access to it," Castellanos said.

Six years ago, the family moved to the Detroit area from Mexico. Now, Castellanos, a University of Michigan graduate is a 2024 Rhodes Scholar set to jet to Oxford University in England.

Castellanos is the university's 31st Rhodes Scholar since the award's inception in 1902. He majored in international studies and minored in critical translation and Latin American and Caribbean studies and is now a UM researcher.

Castellanos said he is "profoundly humbled and moved to the core" over the honor, which will cover his expenses to continue his studies at the prestigious English university.

"It reaffirmed that migrants make enormous contributions to society when we allow them to forge their future," he said. "My parents — humble people and immigrant laborers — taught me so much about generosity and compassion. Though often unacknowledged, their contributions, as well as those of migrants across the country, have inspired me in my endeavors all these years."

Castellanos started his academic journey in a small town in the Mexican state of Jalisco, located on the Pacific Coast, whose main city is Puerta Vallarta. His family was working class, he said, as his mother was an elementary school cook and his father Francisco was a landscaper.

His favorite subjects growing up were science, astronomy and history. He jokes that if he were better at math, he would be an astronaut. Since he's not, he said history emerged as his favorite course.

"History tells us that we are all connected, that we have a common fate," he said.

After Castellanos graduated from high school in Mexico, he said the family moved to Ecorse outside Detroit so he and his twin sister could pursue higher education. He said he repeated his senior year at River Rouge High School to improve his English.

Language is important to Castellanos, from learning multiple languages to winning a high school debate championship. Experiencing different cultures is also vital to his interests, from his experience acclimating as a migrant to studying at Henry Ford College after high school among a large Arab population.

"My classroom was always very diverse, and Henry Ford was an incredibly welcoming space to multilingual students," he said. "That kind of helped me find my voice."

Castellanos transferred to the University of Michigan for its international studies program, which allows students to focus on law, security, economics, culture or global health, he said. He is interested in studying how to tell refugee stories in order to secure more support for them, he said.

"Storytelling is critical to increasing support for refugees and funding for humanitarian action. Yet, migrants and refugees are rarely given the opportunity to use their voice," he said.

At Oxford, Castellanos will pursue master's degrees in refugee and Latin American studies. The English university pioneered refugee studies in the 1980s, he added.

When he graduated from the Ann Arbor campus in 2022, Castellanos beamed when taking pictures with his mom all across campus.

"We were accomplishing something that we had been waiting for so long (to do)," he said, noting that the moment was a little bittersweet due to having to translate the graduation ceremony to his non-English fluent parents.

Emmanuel Orozco Castellanos with his mother Delia at his University of Michigan graduation in 2022. Castellanos is a 2024 Rhodes Scholar. Photo provided by Castellanos Emmanuel Orozco Castellanos

In addition to the degrees he will seek at Oxford, Castellanos will work to strengthen the inter-American asylum regime, he said. As a migrant himself, he said he relates to the parts of the refugee experience about acclimating to new cultures, while he also wants to improve the migration management mechanisms to be more efficient and humane.

Eventually, he wants to fulfill a dream to work for the United Nations in its High Commissioner for Refugees.

"I would definitely like to work with people on the ground providing humanitarian assistance," he said, "but part of my vision also includes storytelling...empowering (migrants and refugees) to tell their own stories. Reclaiming one's story is an act of defiance and self-determination."

The Rhodes Scholarship is the result of a lot of people, from parents to mentors, helping Castellanos along the way, he said.

"I accept this honor with a profound sense of responsibility," he said.

Becario Rhodes de la Universidad de Michigan cumpliendo con el 'Legado de Educación' de su madre

ANN ARBOR—Los padres de Emmanuel Orozco Castellanos en México terminaron la escuela primaria, pero no tuvieron más oportunidades para continuar sus estudios.

Sin embargo, su madre Delia sabía que la educación era el camino a seguir para la próxima generación.

"Mi madre siempre quiso que la educación fuera su legado, especialmente porque ella no tuvo acceso a ella", dijo Castellanos.

Hace seis años, la familia se mudó al área metropolitana de Detroit desde México. Ahora, Castellanos, un graduado de la Universidad de Michigan, es becario Rhodes 2024 y se prepara para ir a la Universidad de Oxford en Inglaterra.

Castellanos es el 31º becario Rhodes de la universidad desde la creación del premio en 1902. Se especializó en estudios internacionales con una doble especialización en traducción crítica y estudios latinoamericanos y del Caribe, y ahora es investigador en la U-M.

Castellanos dijo que está "profundamente honrado y emocionado hasta el fondo" por el honor, que cubrirá sus gastos para continuar sus estudios en la prestigiosa universidad inglesa.

"Reafirmó que los migrantes hacen enormes contribuciones a la sociedad cuando les permitimos forjar su futuro", dijo. "Mis padres, personas humildes y trabajadores inmigrantes, me enseñaron mucho sobre generosidad y compasión. Aunque a menudo no se reconocen, sus contribuciones, así como las de los migrantes en todo el país, me han inspirado en mis esfuerzos todos estos años ".

Castellanos comenzó su viaje académico en una pequeña ciudad en el estado mexicano de Jalisco, ubicado en la costa del Pacífico, cuya ciudad principal es Puerto Vallarta. Su familia era de clase trabajadora, dijo, ya que su madre era cocinera de una escuela primaria y su padre Francisco era jardinero.

Sus asignaturas favoritas mientras crecía eran ciencia, astronomía e historia. Bromea diciendo que si fuera mejor en matemáticas, sería astronauta. Como no lo es, dijo que la historia emergió como su curso favorito.

"La historia nos dice que todos estamos conectados, que compartimos un destino común", dijo.

Después de que Castellanos se graduó de la escuela secundaria en México, dijo que la familia se mudó a Ecorse, afuera de Detroit, para que él y su hermana gemela pudieran buscar una educación superior. Dijo que repitió su último año en la Escuela Secundaria River Rouge para mejorar su inglés.

El lenguaje es importante para Castellanos, desde aprender varios idiomas hasta ganar un campeonato de debate en la escuela secundaria. Experimentar diferentes culturas también es vital para sus intereses, desde su experiencia como migrante hasta estudiar en Henry Ford College después de la escuela secundaria entre una gran población árabe.

"Mi salón de clases siempre fue muy diverso, y Henry Ford fue un espacio increíblemente acogedor para los estudiantes multilingües", dijo. "Eso me ayudó a encontrar mi voz".

Castellanos se transfirió a la Universidad de Michigan por su programa de estudios internacionales, que permite a los estudiantes centrarse en derecho, seguridad, economía, cultura o salud global, dijo. Está interesado en estudiar cómo contar las historias de los refugiados para conseguir más apoyo para ellos, dijo.

"La narración de historias es fundamental para aumentar el apoyo a los refugiados y la financiación para la acción humanitaria. Sin embargo, rara vez se da a los migrantes y refugiados la oportunidad de usar su voz", dijo.

En Oxford, Castellanos cursará maestrías en estudios de refugiados y latinoamericanos. La universidad inglesa fue pionera en los estudios sobre refugiados en la década de 1980, añadió.

Cuando se graduó del campus de Ann Arbor en 2022, Castellanos estaba radiante al tomarse fotos con su madre en todo el campus.

Emmanuel Orozco Castellanos

"Estábamos logrando algo por lo que habíamos estado esperando tanto (para hacer)", dijo, señalando que el momento fue un poco agridulce debido a tener que traducir la ceremonia de graduación a sus padres que no hablan inglés con fluidez.

Además de los títulos que buscará en Oxford, Castellanos trabajará para fortalecer el régimen de asilo interamericano, dijo. Siendo él mismo un migrante, dijo que se identifica con partes de la experiencia del refugiado acerca de acomodarse a nuevas culturas, mientras que también quiere mejorar los mecanismos de gestión de la migración para que sean más eficientes y humanos.

Eventualmente, quiere cumplir un sueño de trabajar para las Naciones Unidas en su Alto Comisionado para los Refugiados.

"Definitivamente me gustaría trabajar con las personas en el terreno brindando asistencia humanitaria", dijo, "pero parte de mi visión también incluye contar historias...empoderar (a migrantes y refugiados) para contar sus propias historias. Reclamar la propia historia es un acto de desafío y autodeterminación ".

La Beca Rhodes es el resultado de muchas personas, desde los padres hasta los mentores, que han ayudado a Castellanos en su camino, dijo.

"Acepto este honor con un profundo sentido de responsabilidad", dijo.

Escrito por Samuel Dodge de MLive, adaptado al español por Juan Ochoa.

NeighborHUB Grants

Con't from pg. 1

"For the past six years, the NeighborHUB program has inspired local nonprofits and small businesses to think big and enact change in their communities," said Genna Young, Senior Manager of News Relations at GM. "Along with the Chamber, we are thrilled to support and celebrate the sixth cohort of community leaders and entrepreneurs, and we look forward to another great year of progress in our neighborhoods."

To create more activity and funding in neighborhoods beyond Downtown Detroit, NeighborHUB continues to support small businesses and nonprofits as essential foundations for neighborhoods, especially in traditionally underinvested small business corridors. In addition to grant funding, Michigan Community Resources and BUILD Institute will provide additional support to nonprofit and small business grantees through workshops, classes, and mentorship. This year, nearly 78% are minority-owned or led, with 71% being women-owned or led.

The 2024 cohort brings the total number of NeighborHUB grant recipient organizations to 94, receiving nearly $2.3 million in cash funding and consulting services to ensure projects' success and sustainability. Recipients are chosen for their proposals to create and enhance neighborhood spaces through collaboration. In 2022, a small business cohort was introduced to the program to recognize entrepreneurs' vital role in community revitalization.

The NeighborHUB program is an annual collaborative effort between the Chamber and GM designed to empower residents in Detroit, Hamtramck, or Highland Park to affect change in their neighborhoods through physical presence and innovative programming. More than 350 grant applications were submitted for the 2024 grant cycle, and the selection process, led by an advisory selection committee of Chamber and GM staff, past NeighborHUB grantees, nonprofit founders and executives, and small business resource providers, was very competitive. Get to know more about the winners at www.detroitchamber.com/neighborhub.

Nonprofits

- 360 Detroit, Inc.
- Atlantic Impact
- Black Legacy Advancement Coalition
- Detroit Horse Power
- Detroit Phoenix Center
- Detroit Zen Center
- Mexicantown CDC
- Nurturing Our Seeds
- Teachers Supporting Teachers Everywhere
- We Are Culture

Small Businesses

- Audio Engineers of Detroit
- Bouncing Around the Motor City
- Brooks Management Group
- Crummy's Cake Supply & Studio
- Detroit Rosa
- Goodness Gracious Inc.
- Happy Bounce
- Ice Cream Detroit
- IVY Kitchen + Cocktails
- Just for Kidz II
- Little Stinkers Childcare
- No Fear Café
- Plum Health Direct Primary Care
- Puente Cultural Integration, LLC
- Sanctuary Farms
- Sandy's Land LLC
- The Detroit Pizza Bar
- The Squeeze Station
- The W Buchanan Group
- Welcome Home Yoga & Wellness

Highlights of Grants Serving Southwest Detroit:

Among the grant recipients were several agencies and small businesses that serve Southwest Detroit including those that are listed below along with their uses for the grant funds.

Mexicantown Community Development Corporation

The MCDC grant will focus on activating, operating, and sustaining the Mexicantown Community Development Corporation café, which will operate in tandem with the Mexicantown-Latino Galleria. "This grant will allow us to bring aboard a Café' operator, to train Baristas and begin to operate by March of this year, supporting Mexicantown CDC's mission to be the arts, business and cultural destination for Detroit," said Ray Lozano, MCDC Executive Director.

We Are Culture Creators

According to Elizabeth Stone, Co-Director of We are Culture Creators, "the NeighborHUB grant will allow us to further service the young creatives, musicians and entrepreneurs, of our city. It will allow us to create a creative empowerment hub that will impact a generation of artists deeply rooted in Detroit culture and business."

The Creative Empowerment Hub will emphasize the artistic development and essential entrepreneurial skills necessary for professionalizing by providing an accessible community workspace for workshops and training, podcast room, computer lab, and video media room necessary to further creative careers in music and media.

Plum Health Direct Primary Care

Plum Health DPC provides comprehensive family medicine services in order to address Detroit's lack of primary care physicians. Operating out of The Corner Building at Michigan Ave. and Trumbull, they provide their patients with at-cost meds, at-cost labs, and at-cost imaging services, saving patients roughly 90% on these services.

"Plum Health DPC has been serving Southwest, Corktown, and beyond since 2016 and we finally have funding to make a sign for the front of our office on Michigan Avenue, said Paul Thomas, MD, Center Director. "This grant money will help us put our best face forward to the community, and help new and existing patients find our family medicine practice more easily."

Puente Cultural Integration LLC

Puente bridges the cultural and language gap between the Latinx/Hispanic community and agencies through inclusive program development, bilingual and culturally appropriate marketing strategies, Spanish-language services, workshops, individualized small business coaching, and cross-cultural consulting.

CEO Bridget Espinosa explains, "We provide direct and equitable access to bilingual technical assistance and opportunities for both entrepreneurial educational and hands-on sales, which will directly impact economic mobility. We offer free Open Office Hours every Tuesday for any small business owner. Call 313-349-0089 or email team@puenteci.com to request an appointment.

The Squeeze Station

Provides healthy dining and carry out options to the Michigan-Martin neighborhood of southwest Detroit. The Squeeze Station also provides community programming that facilitates a biweekly interfaith men's group, a biweekly poetry open-mic, event rentals, and special collaborations with local organizers and enterprisers.

Subvenciones NeighborHUB

Con't de pg. 1

"Durante los últimos seis años, el programa NeighborHUB ha inspirado a las ONG y pequeñas empresas locales a pensar en grande y lograr cambios en sus comunidades", compartió Genna Young, Gerente Sénior de Relaciones Públicas de GM. "Junto con la Cámara, estamos encantados de apoyar y celebrar al sexto grupo de líderes comunitarios y empresarios, y esperamos otro gran año de progreso en nuestros vecindarios".

Para crear más actividad y financiamiento en vecindarios más allá del centro de Detroit, NeighborHUB continúa apoyando a las pequeñas empresas y ONG como bases esenciales para los vecindarios, especialmente en los corredores de pequeñas empresas tradicionalmente con poca inversión. Además de la financiación de subvenciones, Michigan Community Resources y BUILD Institute, brindarán apoyo adicional a beneficiarios de pequeñas empresas y ONG a través de talleres, clases y tutorías. Este año, casi el 78% son propiedad o están dirigidos por minorías, y el 71% son propiedad o están dirigidos por mujeres.

La cohorte de 2024 eleva a 94 el número total de organizaciones receptoras de subvenciones de NeighborHUB, que reciben casi $2,3 millones en financiación en efectivo y servicios de consultoría para garantizar el éxito y la sostenibilidad de los proyectos. Los destinatarios son elegidos por sus propuestas para crear y mejorar espacios vecinales a través de la colaboración. En 2022, se presentó el programa a un grupo de pequeñas empresas para reconocer el papel vital de los empresarios en la revitalización de la comunidad.

El programa NeighborHUB es un esfuerzo de colaboración anual, entre la Cámara y GM diseñado para capacitar a los residentes de Detroit, Hamtramck o Highland Park y lograr cambios en sus vecindarios a través de la presencia física y una programación innovadora. Se presentaron más de 350 solicitudes de subvenciones para el ciclo de subvenciones de 2024, y el proceso de selección, dirigido por un comité de selección asesor formado por personal de la Cámara y de GM, antiguos beneficiarios de NeighborHUB, fundadores y ejecutivos de ONG y proveedores de recursos para pequeñas empresas, fue muy competitivo. Conozca más sobre los ganadores en www.detroitchamber.com/neighborhub.

Organizaciones sin fines de lucro

- 360 Detroit, Inc.
- Atlantic Impact
- Black Legacy Advancement Coalition
- Detroit Horse Power
- Detroit Phoenix Center
- Detroit Zen Center
- Mexicantown CDC
- Nurturing Our Seeds
- Teachers Supporting Teachers Everywhere
- We Are Culture

Pequeñas empresas

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- Puente Cultural Integration, LLC
- Sanctuary Farms
- Sandy's Land LLC
- The Detroit Pizza Bar
- The Squeeze Station
- The W Buchanan Group
- Welcome Home Yoga & Wellness

Aspectos destacados de las subvenciones que prestan servicios en el suroeste de Detroit:

Entre los beneficiarios de la subvención se encuentran agencias y pequeñas empresas, que prestan servicios en el suroeste de Detroit, incluidas las que se enumeran a continuación junto con el uso de los fondos de la subvención.

Corporación de Desarrollo Comunitario de Mexicantown

La subvención de esta organización se centrará en activar, operar y sostener el café de la Corporación de Desarrollo Comunitario de Mexicantown, que funcionará en conjunto con Mexicantown-Latino Galleria.

We Are Culture Creators

Según Elizabeth Stone, codirectora de We are Culture Creators, "la subvención NeighborHUB nos permitirá prestar más servicios a los jóvenes creativos, músicos y emprendedores de nuestra ciudad. Nos permitirá crear un centro de empoderamiento creativo que impactará a una generación de artistas profundamente arraigados en la cultura y los negocios de Detroit".

El nuevo Centro de Empoderamiento Creativo, enfatizará el desarrollo artístico y las habilidades empresariales esenciales necesarias para la profesionalización, al proporcionar un espacio de trabajo comunitario accesible para talleres y capacitación, una sala de podcasts, un laboratorio de computación y una sala de medios de video necesarios para promover carreras creativas en la música y los medios.

Clínica de Atención Primaria Plum Health Director

Plum Health brinda servicios integrales de medicina familiar para abordar la falta de médicos de atención primaria en Detroit. Operando desde The Corner Building en Michigan Ave. y Trumbull, brindan a sus pacientes medicamentos, exámenes de laboratorio y servicios de imágenes al costo, ahorrándoles a los pacientes aproximadamente un 90 % en estos servicios.

"Plum Health ha estado prestando servicios en el suroeste y más allá de Corktown desde 2016 y finalmente tenemos los fondos para hacer un letrero en el frente de nuestra oficina en Michigan Avenue", mencionó el Dr. Paul Thomas, director del centro. "Este dinero nos ayudará mostrarle nuestra mejor cara a la comunidad y ayudar a los pacientes nuevos y existentes a encontrar nuestra práctica de medicina familiar más fácilmente".

Puente Cultural Integration LLC

Cerrar la brecha cultural y lingüística entre la comunidad latina/hispana y las agencias, a través del desarrollo de programas inclusivos, estrategias de marketing bilingües y culturalmente apropiadas, servicios en español, talleres, asesoramiento individualizado para pequeñas empresas y consultoría intercultural.

The Squeeze Station

Ofrece opciones de comida saludable y comida para llevar en el vecindario Michigan-Martin del suroeste de Detroit. Squeeze Station también ofrece programación comunitaria que facilita quincenalmente un grupo interreligioso de hombres, un micrófono abierto de poesía, alquiler de eventos y colaboraciones especiales con organizadores y empresarios locales.

Traducción por Carmen Elena Luna

Diles que lo Viste en *EL CENTRAL*

Tell them you saw it in *EL CENTRAL*

SPECIAL, WORLD'S CULTURES
Mexican Embroidery

Mexican Embroidery

One of the most important expressions of cultures are the manifestations of aesthetic values, that is, that which expresses what represents the beauty of a culture. This is what happens with clothing items in which, through lines, what is important for a community is expressed.

In Mexico, the textile culture is broad, as it is manifested in looms, embroidery, embroidery, among others. However, this time we will address embroidery.

The embroideries of Mexican cultures show their different personalities, we see that the Otomi creations are rich in soft colors, floral figures and animals that are spaced apart, with the continuous appearance of animals such as deer, rabbits and birds. Something that distinguishes them from other embroideries is that each of the representations are made in multiple colors, that is, grated, unlike shaded or monochromatic transitions that can be observed in other textiles from other cultures.

For the Wixarika or Huichol culture, embroidery tends towards symmetry and cross stitch, with vivid colors and a prominent use of combinations between pink and yellow. Their embroidery is usually dense, so it may be impossible to see the background fabric, at least in the embroidered area. The motifs usually have white deer or deer, cactus or peyote figures, scorpions, rabbits. It is important to take into account that the Wixarikas live in arid areas of the states of Jalisco, San Luis Potosí, Zacatecas and Nayarit, mainly. One of the most important

Tell them you saw it in Diles que lo viste en
EL CENTRAL

activities is the pilgrimage to the Wirikuta desert, we can imagine and interpret among its embroidery the visions that they have during this walk, where they encounter the landscape, the sunrises, the sunsets, the sky, the stars, whatever. could inspire geometric motifs.

In the textiles of Oaxaca we find large figures of bright floral themes. It is important to take into account that in Oaxaca there are more than 40 independent cultures, which implies that each of these manifests its community with variations in embroidery. Thus, we find completely monochromatic embroidery, as well as shaded transitions of red flowers.

In each embroidery stories, trips are told and the reality of that community, culture, town is represented. We can see the fretwork of the pyramids, the colorful flowers of the landscape, the animals of the desert.

If we wanted to make an embroidery, it is possible that in our drawing we also want to save impressions of our reality, figures of houses, chairs, things that mean something to us.

ESPECIAL CULTURAS DEL MUNDO

Bordados mexicanos

Una de las expresiones más importantes de las culturas son las manifestaciones de los valores estéticos, es decir, aquello que expresa lo que representa lo bello de una cultura. Así sucede con las prendas de vestir en las cuales a través de trazos se expresan lo que es importante para una comunidad.

En México, la cultura textil es amplia, pues se manifiesta en telares, embrocados, bordados, entre otras. Sin embargo, en esta ocasión abordaremos los bordados.

Los bordados de las culturas mexicanas muestran sus diferentes personalidades, vemos pues que las creaciones Otomíes son ricas en colores suaves, figuras florales y animales que se encuentran espaciadas entre sí, con la continua aparición de animales como venados, conejos y aves. Algo que les distingue de otros bordados es que cada una de las representaciones están realizadas en múltiples colores, es decir, rallados, a diferencia de transiciones sombreadas o monocromáticas que se pueden observar en otros textiles de otras culturas.

Para la cultura Wixarika o huichol, los bordados tienden a la simetría y punto de cruz, con colores vívidos y un destacado uso de combinaciones entre el rosa y el amarillo. Sus bordados sueles ser tupidos, de manera que puede ser imposible ver la tela de fondo, al menos en el área bordada. Los motivos suelen tener el venado o venados blancos, figuras de cactus o peyotes, alacranes, conejos. Es importante tomar en cuenta que los Wixarikas viven en zonas áridas de los estados de Jalisco, San Luis Potosí, Zacatecas y Nayarit, principalmente. Una de las actividades más importantes es la

peregrinación al desierto de Wirikuta, podemos imaginar e interpretar entre sus bordados las visiones que tienen durante esta caminata, donde se encuentran con el paisaje, los amaneceres, los atardeceres, el cielo, las estrellas, lo que podría inspirar los motivos geométricos.

En los textiles de Oaxaca encontramos figuras grandes de temas florales brillantes. Es importante tomar en cuenta que en Oaxaca existen más de 40 culturas independientes, lo que implica que cada una de éstas manifiesta a su comunidad con variaciones en los bordados. Así, encontramos bordados completamente monocromáticos, como también con transiciones sombreadas de flores rojas.

En cada bordado se cuentan historias, viajes y se representa la realidad de aquella comunidad, cultura, pueblo. Podemos ver las grecas de las pirámides, las coloridas flores del paisaje, los animales del desierto.

Si nosotros quisiéramos realizar un bordado, es posible que también en nuestro dibujo queramos guardar impresiones de nuestra realidad, figuras de casa, de sillas, de cosas que significan algo para nosotros.

Sigue cada semana en **EL CENTRAL** nuestro

ESPECIAL CULTURAS DEL MUNDO,

by Mariana Ayón RV

EDITORIAL:

The Campaign to Expand Michigan's Population Must Address Immigrants and All Newcomers

By The EL CENTRAL Editorial Staff

Last Thursday, January 11, the Detroit Regional Chamber hosted its annual policy conference at MotorCity Casino in Detroit, focusing on addressing the challenges of growing Michigan population. The governor's population growth council presented their findings from the Growing Michigan Together Report, which was released in December, highlighting ways to increase the state's population.

Education and transportation were the most prominent and widely discussed issues during the conference. The discussions revolved around the current state of education, the need for innovation, and how technology can be leveraged to improve learning outcomes. When it comes to transportation, the conversations centered around the importance of sustainable transportation, the need for better infrastructure, reducing congestion, reducing wait times for public transit, and improving safety.

Exploring the Future of Education

Education in Michigan is facing a crisis, with issues including educator shortages, outdated school systems, and a lack of culturally sensitive curriculum. There is a need for equitable funding, updated school systems, and the integration of technology to address these challenges in Black and brown communities.

"We need an upgraded school system and an updated curriculum. And so, a lot of what we need to learn is about critical thinking and adaptability," said Angelique Power, President and Chief Executive Officer of the Skillman Foundation. "We need a culturally sensitive curriculum to be taught. We also need to be taught about self-determination."

Mobility: The Next Generation of Transportation

Getting around Detroit has always been a challenge due to transportation issues. By implementing transformative transportation solutions, Detroit can have a brighter, more connected future. Portia Roberson, President and Chief Executive Officer of Focus HOPE, talks about how the number one barrier is always transportation. For many residents of Detroit, reliable and efficient transportation is not just a convenience but a necessity.

"If we can't move people (from training) to job opportunities, they can't stay (working) here because they're unable to get there. I can give you many examples of how we've had to pivot and make sure that some of our dollars are used simply to move people after they graduate from a program and focus on getting them the job they've been hired to do," Roberson said.

The city's sprawling layout and limited public transportation options have created a significant barrier to accessing employment, education, healthcare, and other essential services, specifically for inner-city residents. The impact is felt most in neighborhoods where reliable transportation remains limited due to existing socio-economic disparities, namely in Black and brown communities.

Collaboration between the public and private sectors, community organizations, and city planners is vital to creating a sustainable future for Detroit. Then, it can be infused into a more connected and inclusive community by focusing on initiatives that promote alternative transportation options, such as walkability and enhanced bike infrastructure. Also, technology can play a significant role in optimizing transportation services, making them more efficient and accessible to everyone.

Addressing transportation challenges is crucial for connecting communities and enabling easy access to opportunities. Modernizing public transportation, for example, introducing wireless charging roads and EV vehicles, helps expand connectivity, and promoting sustainable modes of transport can eliminate significant barriers and make Michigan more accessible and appealing for residents.

Building a Welcoming Community is Essential to Growing Our Population

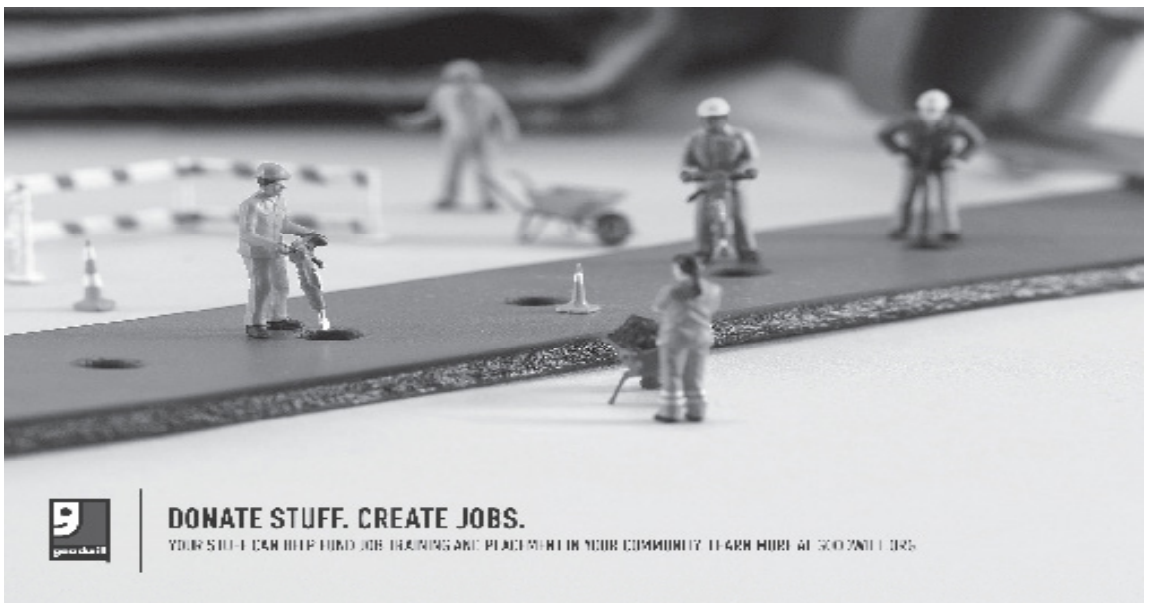
The impact of immigration on Michigan's population cannot be overstated when discussing population growth. After years of grappling with population decline, the state witnessed a positive upturn, and experts attribute this reversal to the newfound vitality brought by immigrants. Communities across Michigan have seen a renewed sense of vibrancy as diverse groups of individuals contribute their skills, talents, and perspectives to the community.

In recent years, Michigan has experienced a transformative shift in its demographic landscape, marked by a notable increase in immigration. According to the 2020 Census, the Hispanic or Latino population in Wayne County increased by 23.5% over the previous ten years. This surge in newcomers has played a pivotal role in revitalizing the state's population, breaking a trend of stagnation that persisted for decades. The influx of immigrants has not only injected diversity into communities but has also become a driving force behind Michigan's economic and cultural resurgence.

We are heartened to see the positive impact that immigration has had on growing Michigan's communities. The exchange of different cultural perspectives has brought about innovation and creativity, making the state's social fabric more dynamic and interconnected. From arts and cuisine to technology and education, the influence of diverse backgrounds has been a catalyst for progress and enrichment.

While there may be concerns about the challenges associated with a growing population, it's crucial to recognize the overall positive impacts of this growth and diversity on Michigan. The state's commitment to fostering an inclusive environment will address population decline and position Michigan as a beacon of diversity and growth in the heart of the Midwest.

Given the current political climate, it is imperative to have informed and open-minded discussions about these issues and their impact on our society. In this presidential election year, EL CENTRAL will devote its resources to more in depth coverage of the policies and issues surrounding immigration as well as the growing political influence of Hispanics in our state and nationally. It is our hope that shining a spotlight on these issues and trends will help foster a more productive and thoughtful dialogue leading to the resolution of some of the most critical challenges facing our community.



EL CENTRAL
HISPANIC NEWS

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P.O. Box 33193
Detroit, MI 48232-3193

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Updated 11.29.2023

GABRIELA SANTIAGO-ROMERO DETROIT CITY COUNCIL 6

I DON'T LIKE LOOKING PEOPLE IN THE EYE
Jacob Sanchez
Diagnosed with autism
Lack of eye contact is a sign of autism.
Learn the others at autismspeaks.org/signs.
AUTISM SPEAKS

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2 **PATTON REC CENTER**
2301 Woodmere St., 48209
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3 **KEMENY REC CENTER**
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Monday-Friday, 8a-8:00p

4 **BOWEN BRANCH LIBRARY**
3648 W. Vernor Hwy., 48216
Mon., Wed., Sat. from 10a-6p.; Tues. & Thurs. from 12-8p

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8733 W. Vernor Hwy., 48209
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Updated 11.29.2023

GABRIELA SANTIAGO-ROMERO DETROIT CITY COUNCIL 6

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EL CENTRAL HISPANIC NEWS

FOOD AND DRINK

Cinnamon Roll Dip

Ingredients
- 8 oz cream cheese, softened
- 1 cup powdered sugar
- 1/4 cup Cinnabon coffee creamer
- 1/4 tsp vanilla extract
- 1/2 tsp ground cinnamon
- Cookies and connamon rolls, for serving

Ready In:
5 minutes

Step 1 -
To a mixing bowl, add cream cheese. Use a hand mixer to beat until smooth.

Step 2 -
Add powdered sugar, creamer, vanilla, and cinnamon to the bowl. Beat until smooth and creamy.

Step 3 -
Serve with assorted cookies and prepared cinnamon rolls. Enjoy!

Chocolate Berry Chia Pudding

Ingredients
Top Layer
- 2 tbsp chia seeds
- 1/2 cup unsweetened oat milk
- 1.5 tsp unsweetend cocoa powder
- 1-2 tsp syrup depending on your preference
- dash of cinnamon

Top Layer
- 1/2 frozen ripe banana
- 2-3 strawberries
- 5-6 frozen rasberries
- 2 tbsp unsweetened oat milk (may need to add more if too thick)

Ready In:
10 minutes

Step 1 -
Mix together the bottom layer ingredients in a jar and refrigerate overnight.

Step 2 -
The next day, blend together the remaining ingredients. Add more milk if required.

Step 3 -
Decorate the jar by adding sliced strawberries and pour in the blended mixture on top. Top off with granola.

ENTRETENIMIENTO

Sofía Vergara Transforms into a Murderous and Makeup-Free Drug Queenpin in Trailer for Netflix's Griselda

Sofia Vergara is ready to show a different side of her.

The Modern Family alum, 51, is set to star in Netflix's upcoming limited series Griselda. The six-episode drama finds Vergara playing the title role of Griselda Blanco, a murderous Miami queenpin.

The series was created by Narcos and Narcos: Mexico showrunner Eric Newman and is directed by Andrés Baiz. Along with serving as an executive producer, Vergara stars alongside Latin music star Carolina Giraldo (aka Karol G), who plays Carla, one of Griselda's most trusted confidants.

Netflix's newly released trailer of the show, premiering on Jan. 25, gives an in-depth look at the Colombian drug cartel leader known widely as "the Godmother."

The trailer opens up with a court scene in which a woman says that "Griselda Blanco has owned Miami distributing cocaine" for the last three years. A man beside her adds, "Ms. Blanco's operation has been efficient, deadly, and incredibly successful."

As on-screen text reminds viewers that the series is inspired by real events, Griselda says, "There are a lot of women who leave the man but not the wife. I swear I know what I'm doing." The trailer cuts to a clip of Griselda speaking to a group of men and women outside of a motel.

"This is the country of dreams. We have the power to bring excitement back into their boring lives," she says in Spanish.

As the music intensifies, Griselda is seen attempting to make a drug deal when a man says in Spanish, "Go home, lady." He adds, "I'm gonna tell every dealer in Miami not to touch your coke."

A home is then set on fire, and a view of a crime scene is shown.

"One woman is behind all this. Pull the right card, the whole house comes down," a woman says as a photo of Griselda is seen on a crime investigation wall.

After Carla tells Griselda that people are asking about her in Colombía, Griselda is heard saying, "After all that I have been through, I am not going to give it away for nothing. You wanna see how far I'll get?"

Griselda is then seen standing in front of a fire as people crowd around her, and the words "queenpin," 'innovator," "mother," and "killer" flash on the screen. Dressed in a white suit, Griselda is seen walking into an office as someone comments that she walks "like a boss."

Griselda will premiere Jan. 25 on Netflix.

Sofía Vergara se transforma en una reina de la droga asesina y sin maquillaje en el tráiler de Griselda de Netflix

Sofía Vergara está lista para mostrar un lado diferente de ella.

La alumna de Modern Family, de 51 años, protagonizará la próxima serie limitada de Netflix, Griselda. El drama de seis episodios encuentra a Vergara interpretando el papel principal de Griselda Blanco, una reina asesina de Miami.

La serie fue creada por Narcos y Narcos: México showrunner Eric Newman y está dirigida por Andrés Baiz. Además de servir como productora ejecutiva, Vergara protagoniza junto a la estrella de la música latina Carolina Giraldo (también conocida como Karol G), quien interpreta a Carla, una de las confidentes más confiables de Griselda.

El nuevo tráiler del programa lanzado por Netflix, que se estrenará el 25 de enero, ofrece una mirada en profundidad al líder del cartel de la droga colombiano conocido ampliamente como "la Madrina".

El tráiler abre con una escena judicial en la que una mujer dice que "Griselda Blanco es dueña de Miami distribuyendo cocaína" durante los últimos tres años. Un hombre a su lado añade: "La operación de la señora Blanco ha sido eficiente, letal e increíblemente exitosa".

Mientras el texto en pantalla recuerda a los espectadores que la serie está inspirada en hechos reales, Griselda dice: "Hay muchas mujeres que dejan al hombre pero no a la esposa. Juro que sé lo que estoy haciendo". El tráiler muestra un clip de Griselda hablando con un grupo de hombres y mujeres afuera de un motel.

"Este es el país de los sueños. Tenemos el poder de devolverles la emoción a sus aburridas vidas", dice en español.

A medida que la música se intensifica, se ve a Griselda intentando hacer un negocio de drogas cuando un hombre dice en español: "Vaya a casa,

señora". Y añade: "Le diré a todos los traficantes de Miami que no toquen tu coca".

Luego se prende fuego a una casa y se muestra una vista de la escena del crimen.

"Detrás de todo esto hay una mujer. Saca la carta correcta y toda la casa se viene abajo", dice una mujer mientras se ve una foto de Griselda en una pared de la investigación criminal.

Después de que Carla le dice a Griselda que la gente pregunta por ella en Colombía, se escucha a Griselda decir: "Después de todo lo que he pasado, no lo voy a regalar por nada. ¿Quieres ver hasta dónde llego?".

Luego se ve a Griselda parada frente al fuego mientras la gente se agolpa a su alrededor, y las palabras "queenpin", "innovador", "madre" y "asesino" parpadean en la pantalla. Vestida con un traje blanco, se ve a Griselda caminando. entra a una oficina cuando alguien comenta que camina "como una jefa".

Griselda se estrenará el 25 de enero en Netflix.

Lions Hosting Tampa Bay Buccaneers Sunday !!!

EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

This past Sunday night, in front of 66,367 fans, Ford Field and the Detroit Lions hosted their first home playoff game.

The Detroit Lions (13-5) defeated the LA Rams (10-8), 24-23.

The Detroit Lions, will host their second playoff game, at Ford Field, this Sunday, January 21st, at 3:00 pm (NBC/ Peacock), playing the Tampa Bay Buccaneers (10-8).

If the Green Bay Packers can defeat the San Francisco 49ers, this Saturday, then the Detroit Lions can host their third playoff game, if the 49ers win then the Lions will go on the road for the next game.

If the Detroit Lions win Sunday, then they will move onto th NFL Conference Championship game, on Sunday January 28th, to decide who will be the final two teams to play in the Super Bowl.

Super Bowl LVIII will take place, on Sunday February 11th.

Photos below are highlights from the Detroit Lions vs. LA Rams playoff game.

Photos provided by Adam J. Dewey

Big Sean watches the Lions hype video on the big screen before the game. Detroit rapper Eminem was also present to support the Detroit Lions

Lions legend Barry Sanders claps on the sideline during the opening plays. Hall of Famer and former Detroit Lions Calvin "Megatron" Johnson was present to support the Lions

Lions QB #16 Jared Goff and LA Rams QB #9 Matthew Stafford embrace after the game concludes. Goff was 22 for 27 for 277 yards with 1 TD. Stafford was 25 for 36 for 367 yards with 2 TDs

Lions TE #87 Sam LaPorta runs around the goal post as he celebrates a 2 yard touchdown reception. LaPorta had 3 receptions for 14 yards with 1 TD

Lions head coach Dan Campbell watches play

Lions RB #26 Jahmyr Gibbs scores a TD. Gibbs had 8 carries for 25 yards with 1 TD, and 4 receptions for 43 yards

DANNY AND DAN

EL CENTRAL HISPANIC NEWS
Pateando la No. 5
SPORTS

Having promised new signings to fill out the roster, new Detroit City FC manager Danny Dichio and the club announced a new player in defense, midfield, and forward during the early days of January. Two of the new players came from other USL Championship teams, while the third played most recently for Bohemian in the League of Ireland Premier Division. They will add to the eclectic mix of talent Dichio has to work with once preseason starts.

The first player announced was the aforementioned veteran of the League of Ireland. English born, the former Scottish U17 international Ali Coote is an attacking midfielder capable of playing out wide or through the middle. At 25 years old, Coote has had plenty of experience in the lower levels of football in the British Isles, spending time in England with Brentford's B team, in Scotland with Dundee United and Aberdeen, and in Ireland with Bohemian. The club has given him #10, so that will lead to some expectations. Given the paucity of goals last season, a new #10 with a reputation for attacking will be most welcome.

In another move to bolster the team's attacking fortunes, Dichio looked within the league to pluck Ghanaian striker Elvis Amoh from Hartford Athletic. Amoh, 31, scored 5 times for Hartford in 2023. However, in 2021 and 2022, he reached double figures for Colorado Springs and Rio Grande Valley. He is a bit of a journeyman, starting his career with Asante Kotoko, one of the biggest clubs in Ghana, and moving along to the Czech Republic and Canadian Premier League before settling into the USL Championship. Ben Morris led DCFC with just 7 goals last year, so with a new man in town there will be competition for the starting striker position in Dichio's team.

Even though DCFC had one of the stingiest defense's in the league, adding a young defender with professional experience is always a good move. Twenty-one year old left back Alexander Villanueva will add some youthful energy to a vastly experienced back line. He comes in from Orange County with a total of 95 appearances in MLS and the USL. He started with the Real Salt Lake academy before moving to the Seattle Sounders, for whom he made his MLS debut in 2021. He joined Orange County in 2022 where he started 32 of 34 games. His playing time went down in 2023, so he has elected to seek greener pastures in Detroit.

Now that each line has been reinforced, Dichio has to find a reserve goalkeeper, because Ryan Shellow is out of contract. There are still a few openings as more players have left the club than have been signed, so there may be some players in on trial during preseason training.

While Danny works to build a football team for Keyworth Stadium, it is absolutely relevant to praise the work done by Detroit Lions coach Dan Campbell a few miles away at Ford Field. He arrived in town for his first head coaching job to take over one of the most downtrodden professional sports teams in the whole country. Prior to Sunday evening, the team had one playoff win since 1957, had not been good enough to host a playoff game in 30 years, and has the dubious distinction of being the first team to have a 0 win 16 loss season. With the way sports leagues in this country try to establish parity, the Lions have been a shocking example of mismanagement and ineptitude.

Campbell played here. He understands the team, the city, and the fans. He didn't promise wins. He promised how his team would play and how he would lead them. The first season looked like more of the same, just three wins. The second season started disastrously with one win from seven games. Then, suddenly, something clicked. It's hard to say what it was, but something happened. The Detroit Lions went on a tear to finish 2022. Opponents didn't want to play them. Pundits who had been brutal in their justified criticism had to praise their performances. They became worth watching, even fun to watch.

That growth in 2022 has continued. It's been remarkable to watch the transformation. The change from "Same Old Lions" into a team about to have a second home playoff game in one season for the first time in their 90 years of existence, is near miraculous. Dan Campbell has inspired a group of players and an entire city to hope that there is a coveted Super Bowl at the end of the journey. It might not be this season, but the seeds have been planted. A young, hungry team, led by an inspirational leader who understands them and the environment, has excited thousands of Honolulu blue and silver clad fans who have hoped for multiple generations to lift the gloom.

Danny and Dan, both in their first head coaching positions, now have the attention of sports fans in the Detroit area. Campbell has a bigger national platform in the NFL, but Danny will have his days in front of the Keyworth faithful. Both codes of football have demanding and passionate fans in this area. Campbell has shown the way. Dichio has to pick up the baton this spring and deliver a team worth watching, inspiring supporters in their own way.

Lions Hosting Tampa Bay Buccaneers !!!

Photos by Adam J. Dewey

LA Rams vs. Detroit Lions lineup

Actor Taylor Lautner stops by Ford Field and poses for a photo before the game

Lions WR Josh Reynolds making a catch. Reynolds had 5 receptions for 80 yards

Lions fans hold up sign saying McVay, thank you for the BEST trade ever!

EDITORIAL OPINION

"Real Republicans defined citizenship in the 14th Amendment"

By Raoul Lowery Contreras

The Constitution mandates that immigration is the exclusive territory of the United States Congress in Article II, Section Eight. It wasted no time in 1790 to pass a law that only "white people" could become citizens of the U.S. That was immigration law until 1952.

Congress fine tuned the "white only" provision in 1882 when it passed the Chinese Exclusion Act that included all "Asians," including people from India. President Theodore Roosevelt negotiated a "Gentlemen's Agreement" limiting immigration from Japan in 1908.

Only one exception to the parade of "white-only" immigration and citizenship laws occurred up to and including immigration reform in 1952. That was a stipulated exemption of the law for Mexicans in 1848.

The 1848 treaty that ended the American war with Mexico declared that any Mexicans in place north of the new Rio Grande River border simply had to stay in place for a year and they would automatically become citizens. By existing "common law" inherited from British colonial rule, their children were automatically U.S. citizens when born during and after that year.

When Mexican-hating white supremacists filed lawsuits against Mexicans who became citizens -- because they weren't "white" as required by the original immigration law of 1790-- they were ruled against because treaties have the force of the Constitution, per the Constitution, and this treaty was lawfully approved by the U.S. Senate.

That aside, let us focus on one boy born of Chinese parents in San Francisco. They were legal residents of San Francisco when he was born though the Chinese Exclusion Act prohibited their becoming U.S. citizens.

His name? Wong Kim Ark. The parents returned to China. He stayed in San Francisco. When he became an adult he traveled to China to visit them and returned to San Francisco where he declared himself a U.S. Citizen and was allowed to disembark in San Francisco. Sometime later he returned to China for a visit and returned to San Francisco. When he declared himself a U.S. citizen he was refused entry. He filed a lawsuit. The court ruled 6 to 2 that he was, in fact, a citizen per the 14th Amendment of the Constitution. It was a lengthy historical ruling (see citation below) that traced American and British citizenship/ immigration law back to the "Scottish cases" of the early 1600's. Those cases determined that children born abroad to a British mother were British citizens.

As the court wrote, imagine a British queen visiting Normandy giving birth to a child heir to the British throne and that child was not legally considered to be a British citizen because he/ she was born in France.

The 1898 court ruled beyond any doubt that a child born in the U.S. was a citizen without any regard to parental citizenship with only these exceptions:

Children born of diplomats

Children born on foreign-flagged ships in American waters;

Children fathered by invading foreign soldiers;

Children of "non-taxed" Amerindian tribes with specific treaty provisions.

Those exceptions were and are the only exceptions as ruled in the Wong Kim Ark case: I repeat, these are the only exceptions.

Donald Trump claimed Senator Ted Cruz couldn't be president because he was born in Canada. Trump pronounces no one can be President if they weren't born in the U.S. Wrong.

2016 Presidential candidate Donald Trump lied that children of illegally present mothers can't be citizens. He insists the 14th doesn't apply. Trump says he will "issue an executive order" on his "first day in office in 2025 that will end that birthright. Not possible Donnie.

Currently, Trump has resurrected the lie that immigrant parents must be U.S. citizens before their child can be a recognized U.S. citizen. He is using that lie against his opponent for President, former South Carolina Governor Nikki Haley. He used the same lie to challenge Vice-President Kamala Harris' candidacy in 2020. He charged Barack Obama was born in Africa thus not eligible to be President because Trump said, one must be born in the U.S. to be eligible to run for President. He says that,-- the Constitution doesn't.

Lies, every one of them, lies.

Opinions in this column are not necessarily those of the Publisher or Editor

Do you have a contrary opinion? Write us at info@elcentralmedia.com

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1721 Junction,
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Misa:
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313-461-3669
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Most Holy Trinity
313-965-4450
1050 Porter St.
Detroit, MI 48226
Misa: Dom 9am

St. Gabriel's
313-841-0753
8118 W. Vernor Hwy
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Misa: Dom 9:30am, 12:00pm, 7:00pm
Lunes: 6:00pm
Martes: 6:00pm
Miércoles: 9:00am

St. Francis D'Assisi - St. Hedwigs Parish
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Jueves: 7:00pm

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When should I expect my property tax bill?
Winter Property taxes were mailed December 1, 2023.

What should I do if I don't get my property tax bill?
If you haven't received your property tax bill yet, you can check with the Office of the Assessor at Suite 130 Coleman A. Young Municipal Center. Staff can help you confirm or update your mailing address. Contact the Assessor's office by email at assessors@detroitmi.gov or by phone at (313) 224-3560. **Select prompt #2 twice to speak with a representative.**

If you need a copy of your current tax bill, contact the Detroit Taxpayer Service Center (DTSC) at (313) 224-3560. **Select prompt #2 then Prompt #1** or email DTSC@detroitmi.gov. Property owners can always view their property tax bill anytime online at **www.detroitmi.gov/payproptax.**

If you need to update the taxpayer of record, you must file a property transfer affidavit with the Assessor. To update the mailing address on file, you need to complete a taxpayer mailing address change form. Both forms can be found at **detroitmi.gov/assessor.**

Remember, you can always view your property tax bill online anytime at **www.detroitmi.gov/payproptax.**

I want to make early payments toward my future property tax bills, how can I do that?
You can pay property taxes through the Plan Ahead program. For more information on Plan Ahead, contact the Detroit Taxpayer Service Center at **(313) 224-3560** or by email **DTSC@detroitmi.gov.**

IMPORTANT DATES

Monday, January 15, 2024
Full Winter and Summer Second Installment Property taxes due

Tuesday, January 16, 2024
Interest and penalties will be applied to all outstanding balances

Friday, March 1, 2024
Delinquent Real Property taxes are transferred to the Wayne County Treasurer for collection

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EL CENTRAL
HISPANIC NEWS

Salud/*Health*

Prioritize Your Mental Health in 2024 With These 9 Tips

(StatePoint) As the new year begins, many people make resolutions regarding their physical health, but it's just as important to focus on mental health in the year ahead, especially for older adults, according to experts.

"As people age, they may experience stressors such as serious illness, losing close friends and family members, managing life on a fixed income, and coping with concerns about their own mortality. While seniors may show resilience to these dimensions of vitality, when they're compounded, these losses and stressors can result in a myriad of behavioral health issues, including depression, anxiety, stress, and insomnia," says Dr. Lindsay Evans-Mitchell, board certified adult psychiatrist and behavioral health medical director for Cigna Healthcare's Medicare Advantage business.

Dementia, which includes memory loss and language difficulties, is another issue often more pronounced with age, and in earlier stages, it can often mimic some symptoms of depression.

Fortunately, Dr. Evans-Mitchell says making healthy choices can improve your quality of life, including your overall mental well-being, and potentially reduce your risk of both depression and dementia:

Practice good nutrition: There is evidence that plant-based diets are associated with better health, including better emotional health. That's another reason to add more green, leafy vegetables to your diet.

Exercise: Regular exercise can positively affect cognitive ability. If you have a Medicare Advantage (MA) plan offering access to a fitness program at no extra cost, then make sure to take advantage of it. You can learn about Cigna Healthcare's MA plans at cignamedicareinformation.com.

Hydrate: Drink plenty of water. Dehydration can negatively affect cognitive performance. Even mild dehydration can drain energy and cause fatigue.

Enjoy some sunshine: Sunlight provides needed vitamin D. Getting sunshine may increase your serotonin and help you stave off depression caused by Seasonal Affective Disorder, or SAD. Also, according to the Alzheimer's Association, exposure to vitamin D can lower dementia risk by as much as 40%. Of course, make sure to take proper precautions, such as wearing a hat, using sunscreen, and wearing eye protection that shields against UV light.

Get plenty of rest: Older adults need seven to nine hours of sleep each night, according to the National Institutes of Health. People who get six hours of sleep or less a night are at greater risk of developing dementia later, the organization says. Additionally, poor sleep could be a sign of depression and should be discussed with your doctor.

Stay away from harmful substances: Dealing with behavioral health issues in unhealthy ways, such as abusing prescription or illicit drugs or alcohol, will only worsen the situation. According to the National Institutes for Health, research shows heavy alcohol use can increase the risk of both dementia and depression.

Pick up a hobby: Hobbies like gardening, cooking and solving puzzles can help improve your memory and your physical and mental health.

Be social: Isolation can lead to depression, which only worsened for many during the COVID-19 pandemic. Reach out to friends and family in person, via video chat, or over the telephone.

Find help if you need it: Keep your regular medical appointments, and don't hesitate to seek additional help from your network, if you need it. This may take the form of a financial advisor, a clergy member, or a mental health professional. Medicare generally covers the cost of behavioral health services, including depression and addiction treatment, as well as talk therapy. Virtual services are often available to those living in rural areas. And if you're experiencing a crisis that includes suicidal thoughts, call 988 immediately.

"For some older adults, seeking help can be difficult," says Dr. Evans-Mitchell. "But getting help is a sign of strength, not weakness. There's no benefit to suffering in silence when help to improve your life is within reach."

Priorice su salud mental en 2024 con estos 9 consejos

(StatePoint) A medida que comienza el nuevo año, muchas personas toman resoluciones con respecto a su salud física, pero es igualmente importante centrarse en la salud mental durante el próximo año, especialmente para los adultos mayores, según los expertos.

"A medida que las personas envejecen, pueden experimentar factores estresantes como enfermedades graves, perder amigos cercanos y familiares, gestionar la vida con ingresos fijos y afrontar preocupaciones sobre su propia mortalidad. Si bien las personas mayores pueden mostrar resiliencia a estas dimensiones de la vitalidad, cuando se combinan, estas pérdidas y factores estresantes pueden dar lugar a una gran variedad de problemas de salud conductual, como depresión, ansiedad, estrés e insomnio", dice la Dra. Lindsay Evans-Mitchell. psiquiatra de adultos certificado por la junta y director médico de salud conductual del negocio Medicare Advantage de Cigna Healthcare.

La demencia, que incluye pérdida de memoria y dificultades del lenguaje, es otro problema que suele ser más pronunciado con la edad y, en etapas más tempranas, a menudo puede imitar algunos síntomas de depresión.

Afortunadamente, la Dra. Evans-Mitchell dice que tomar decisiones saludables puede mejorar su calidad de vida, incluido su bienestar mental general, y potencialmente reducir su riesgo de depresión y demencia:

Practique una buena nutrición: existe evidencia de que las dietas basadas en plantas se asocian con una mejor salud, incluida una mejor salud emocional. Ésa es otra razón para agregar más vegetales de hojas verdes a su dieta.

Ejercicio: El ejercicio regular puede afectar positivamente la capacidad cognitiva. Si tiene un plan Medicare Advantage (MA) que ofrece acceso a un programa de acondicionamiento físico sin costo adicional, asegúrese de aprovecharlo. Puede obtener información sobre los planes MA de Cigna Healthcare en cignamedicareinformation.com.

Hidratarse: Beber mucha agua. La deshidratación puede afectar negativamente el rendimiento cognitivo. Incluso una deshidratación leve puede agotar la energía y provocar fatiga.

Disfrute de un poco de sol: La luz del sol proporciona la vitamina D necesaria. Tomar sol puede aumentar su serotonina y ayudarlo a evitar la depresión causada por el trastorno afectivo estacional o SAD. Además, según la Asociación de Alzheimer, la exposición a la vitamina D puede reducir el riesgo de demencia hasta en un 40%. Por supuesto, asegúrese de tomar las precauciones adecuadas, como usar sombrero, protector solar y protección para los ojos que proteja contra la luz ultravioleta.

Descanse lo suficiente: los adultos mayores necesitan dormir de siete a nueve horas cada noche, según los Institutos Nacionales de Salud. Las personas que duermen seis horas o menos por noche tienen un mayor riesgo de desarrollar demencia más adelante, dice la organización. Además, dormir mal podría ser un signo de depresión y debe consultarlo con su médico.

Manténgase alejado de sustancias nocivas: abordar los problemas de salud conductual de manera poco saludable, como el abuso de drogas recetadas o ilícitas o alcohol, solo empeorará la situación. Según los Institutos Nacionales de Salud, las investigaciones muestran que el consumo excesivo de alcohol puede aumentar el riesgo de demencia y depresión.

Elija un pasatiempo: pasatiempos como la jardinería, la cocina y la resolución de acertijos pueden ayudar a mejorar su memoria y su salud física y mental.

Sea social: el aislamiento puede provocar depresión, que para muchos solo empeoró durante la pandemia de COVID-19. Comuníquese con amigos y familiares en persona, mediante video chat o por teléfono.

Encuentre ayuda si la necesita: acuda a sus citas médicas habituales y no dude en buscar ayuda adicional de su red, si la necesita. Esto puede tomar la forma de un asesor financiero, un miembro del clero o un profesional de salud mental. Medicare generalmente cubre el costo de los servicios de salud conductual, incluido el tratamiento de la depresión y la adicción, así como la psicoterapia. Los servicios virtuales suelen estar disponibles para quienes viven en zonas rurales. Y si está atravesando una crisis que incluye pensamientos suicidas, llame al 988 de inmediato.

"Para algunos adultos mayores, buscar ayuda puede resultar difícil", dice la Dra. Evans-Mitchell. "Pero recibir ayuda es una señal de fortaleza, no de debilidad. No hay ningún beneficio en sufrir en silencio cuando la ayuda para mejorar tu vida está a tu alcance".

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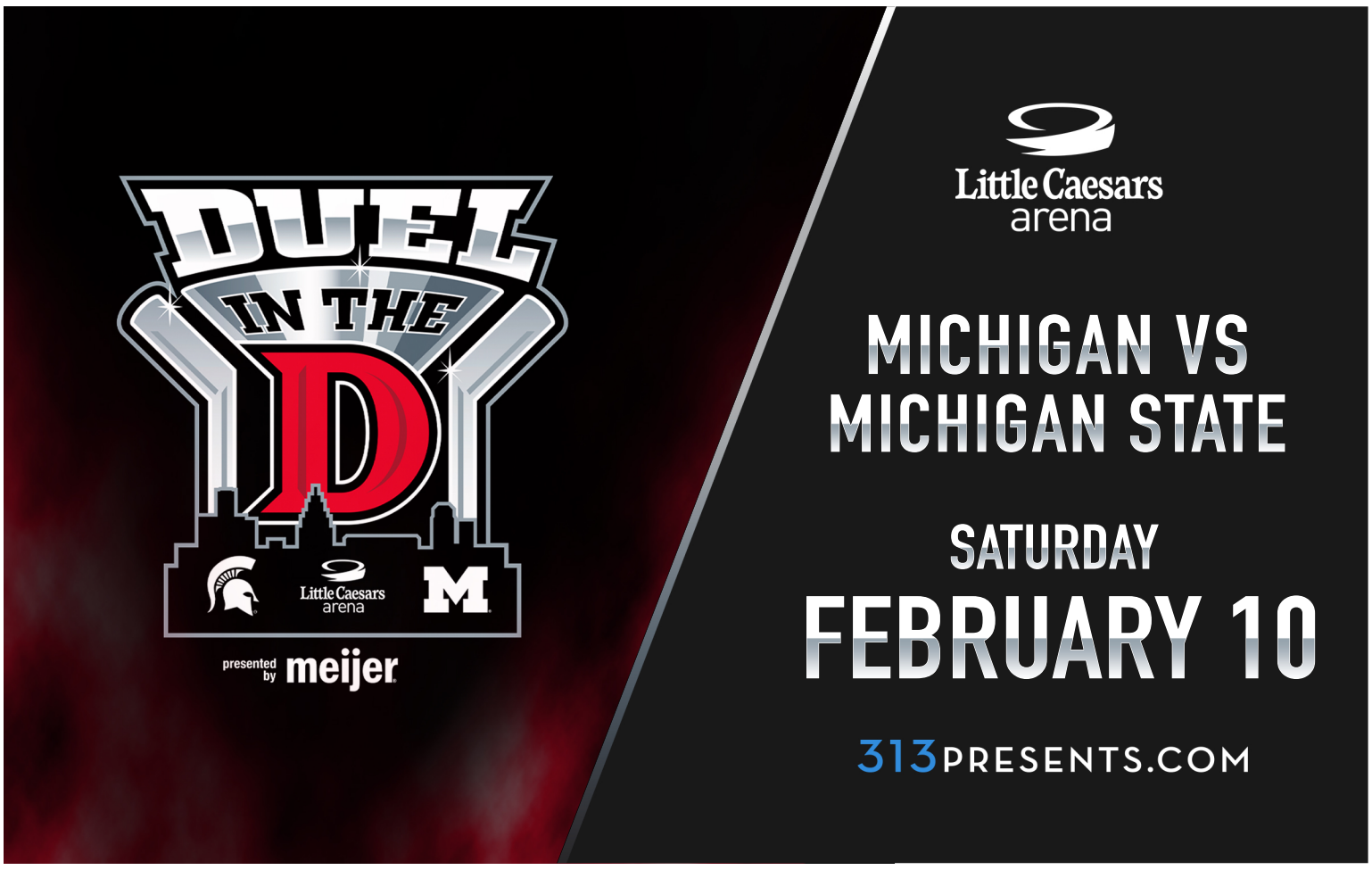

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